

BIOCHEMICAL LAB TESTS

Why use a Urinalysis? What is a bio terrain?

Bio Terrain analysis can provide great insight about your body's condition and function. A urinalysis can tell you how efficiently your body is functioning, revealing the *terrain* of your body. A urine test can be up to 50 times more accurate than blood tests. By the time the dysfunction shows up in your blood, it may be affecting your organs. The body's Terrain is the biochemical environment in which organs and cells function.

Several factors influence this system-wide environment such as acidity, oxidative stress, electrolyte conditions, and the availability of various key nutrients.

Terrain markers which point toward a terrain hospitable to yeasts and parasites (Urine pH, Urinary Ammonia, Urinary Indican test).

Why should you have a urinalysis done?

A urinalysis can give you important information about the efficiency of your body to process food, create energy, and repair tissue. Even after your body balance has been restored, testing 2-4/year can help you maintain your health. It is much easier to maintain health, and balance than to repair damage once it is done.

There have been a lot of articles written and stories done on the importance of antioxidants and free radicals. Before you run out and buy your next bottle of vitamins and antioxidants to combat all the free radicals, you should find out what your body needs. Too many antioxidants can be as harmful as not enough. The medical term for an excess of vitamins is "Hypervitaminosis."

Antioxidants quench free radicals. Some free radicals are harmful and so quenching them are good. But the body also uses free radicals for

intercellular and intracellular communication. Quenching those free radicals will prevent needed signals from getting through and that is certainly going to be harmful.

Denman Harman MD, the guy who first proposed the free radical theory of aging way back in 1954, said in an interview that excess antioxidant supplementation will make one feel mentally and physically sluggish and that he discovered this effect on himself many years ago.

What can a urinalysis tell you about your personal bio terrain?

Biochemistry can be very useful to determine specific nutritional issues such as low thyroid, acidity levels, free radicals, bowel toxicity, blood typing and deficiencies of zinc, vitamin C, and calcium. Urinalysis can show weaknesses of the adrenals, urine bacteria, etc. These tests are extremely useful.

Urine Tests

1. Sulkowitch Calcium Insufficiency
2. Koenisberg Adrenal Insufficiency
3. Specific Gravity
4. Oxidata Free Radical Stress
5. Indican Malabsorption Bowel Toxicity
6. Urinary Vitamin C

Other Tests

1. Saliva pH
2. Saliva pH Challenge
3. Lingual Ascorbic Acid
4. Zinc Sufficiency
5. Blood Typing

Nutritional Lab Tests can give an interesting picture of metabolic function, and more. A nutritional test alone by itself is not a good indicator of your health status. While gathering information about your health you may find these tests beneficial and helpful to analyze your health along with your health professional. Then a more accurate wellness program can be designed for your healing journey.

In the past, it has been a challenge to determine specific nutritional requirements for each individual. Stress levels have risen dramatically, lifestyles are increasingly fast paced, and weight control issues are rampant, as is fatigue, aches and pains, poor sleep along with other numerous health complaints and symptoms.

Accurate nutritional targeting is vital to obtain in order to determine the underlying nutritional causes blocking health and vitality. Today, we are able to provide an objective, accurate, personalized analysis of an individual's current nutritional status, along with personal recommendations to improve health. Easy steps can be incorporated into today's active lifestyles.

URINE TESTS

1. CALCIUM ASSESSMENT (Sulkowitch Urine Test)

Measures serum calcium levels by precipitating calcium in the urine. Calcium is a much-needed mineral. It is the vital link that controls the very important pH balance in the body chemistry. A deficiency in calcium causes the body to misuse the calcium stores it has in the bones, teeth, cartilage and muscles. Osteoporosis is a major health concern today. Are you getting enough calcium? Maybe you are getting enough calcium but are losing due to sugar consumption etc. This assessment looks at the levels of calcium in the urine.

2. ADRENAL STRESS ASSESSMENT (Koenisburg Urine Test)

Urine test for adrenal-stress function.

The purpose of the adrenal glands is to help our body cope with stresses from all areas of life (work, personal, family, physical, mental, emotional, injury, etc.) and survive.

The adrenal glands affect every tissue, organ and gland in the body while also influencing how you think and feel. They secrete hormones that influence all the major physiological processes in the body. They affect the utilization of carbohydrates and fats, along with the conversion of fats and protein into energy, blood sugar regulation, immune responses, including inflammation and allergies. They are also involved in the process of and recovery from most chronic diseases.

The importance of balanced adrenal glands can not be understated. This testing system provides an assessment of the status of the adrenal glands and the degree of stress placed on them.

3. CHEMSTRIP 10 URINE TEST

Ten tests on the urine for disturbances to consult with your physician about.

Specific Gravity – kidney filtration

pH – acidosis or alkalinity

Leukocytes – raised white cells for infection

Nitrate – significant bacteria

Protein – undigested protein

Glucose – increased sugar

Ketones – pancreas, liver and G.I. issues, etc.

Urobilinogen – liver, pancreas and G.I. issues, etc.

Bilirubin – liver, pancreas, G.I. issues, etc.

Blood – infections

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4. FREE RADICAL ASSESSMENT (Oxidata Urine Test)

This test determines the level of free radical activity in the body. Free radicals are unstable oxygen molecules that, in excess, can cause tissue damage at a cellular level. Some free radicals arise normally during metabolism. Sometimes the body will intentionally create them to neutralize viruses and bacteria. However, environmental factors such as pollution, radiation, and cigarette smoke and herbicides, along with stresses (physical and emotional) can also spawn excess free radicals.

Normally, the body can handle free radicals, but if antioxidants are unavailable, or if free-radical production becomes excessive, damage can occur. Of particular importance is that free radical damage accumulates with age. Adults of all ages can benefit from knowing if they are getting enough antioxidants in their diets and/or through adequate nutritional supplementation. You have the power to enhance and extend your physical, emotional and spiritual wellness through simple, easy steps.

5. BOWEL ECOLOGY ASSESSMENT (Urinary Indican Test)

Urine test for intestinal decomposition of tryptophan from incompletely digested protein, proliferation of putrefactive bacteria and a permeable bowel.

The intestines provide a protective barrier that in a healthy state allows for the absorption and disbursement of nutrients throughout the body.

Through years of use, bad habits and poor food choices, the intestinal tract can become a home for harmful anaerobic bacteria and create bowel dysbiosis. Dysbiosis is an imbalance that is caused by a reduction in the population of beneficial digestive bacteria and an increase in the non-beneficial.

6. VITAMIN C ASSESSMENT (Urinary Vitamin C)

Urine test to indicate a Vitamin C deficiency.

Vitamin C is a well-known vitamin that is involved in hundreds of biological processes in the body. This assessment will help reveal your current Vitamin C status.

Measure Vitamin C levels in the urine and C the immune stressors that can increase the need for Vitamin C.

OTHER TESTS

1. pH SALIVA TEST

A special litmus paper is used to test the pH value of the saliva. Saliva is not an exact mirror of the blood and tissues but is used as a very good reflection especially if done on an empty stomach. The pH scale goes from 1 to 14. 1-6 is acid, 7 is neutral and 8-14 is alkaline. Optimum is 7.2 to 7.4 on the scale. Normal is 6.8 to 7.4

2. SALIVA pH CHALLENGE TEST

Evaluates mineral reserves.

3. LINGUAL ASCORBIC ACID SALIVA TEST

A Vitamin C taste screening evaluation.

4. ZINC SUFFICIENCY SALIVA TEST

This taste test indicates if there is sufficient zinc in the body.

5. BLOOD TYPING TEST

Fingertip of blood tested for blood types, A, B, AB and O. This test does not determine Rh+ or Rh-.

6. IODINE SKIN ABSORPTION TEST

Determines a metabolic deficiency of iodine, placed on the skin.

7. BASAL TEMPERATURE TEST

Temperature test to indicate low thyroid function.

8. DIGESTIVE ASSESSMENT

What we eat is the foundation of good health. However, if we have trouble digesting the very foods that provide the important vitamins, minerals and nutrients, then we will not be providing the body the basic products for good health. This assessment will help determine if there are current challenges in digestion of protein, carbohydrates or fats.

9. H. PYLORI BACTERIA TEST

Helicobacter pylori are implicated in the etiology of a variety of gastrointestinal diseases, including non-ulcer dyspepsia, duodenal and gastric ulcer, and active and chronic gastritis.

Several treatment regimens using antibiotics in combination with bismuth compounds have been shown to be effective in treating active H. pylori infection. Herbal supplements are also successfully used by your natural health practitioner. Successful eradication of H. pylori is associated with clinical improvement in patients with chronic active gastritis, gastric ulcer and duodenal ulcer.

Individuals infected with H. pylori develop serum antibodies which correlate strongly with histologically confirmed H. pylori infection. This test detects H. pylori-specific IgG antibodies produced by individuals colonized or infected with the organism. A simple finger prick of blood is all that is needed. This test is simple for you to perform, requires no instrumentation and yields rapid, qualitative test results in minutes.

High Urinary Electrolytes (mineral salts)

High salts in the urine tend to create internal heat. (Chinese Medicine theory) Many skin, lymphatic, and muscular conditions are affected by this excessive salt buildup in the tissues.

Urinary High Nitrates

A relatively new molecule discovered in the mid 1980's, Nitric Oxide has been linked to allergies, asthma, hypertension, cardiac conditions, and many other disorders. Liver detox pathways can be affected by Nitric Oxide.

Urinary Oxidation Marker

The byproduct of many inflammatory conditions is the increase of free radical activity. High oxidation may be a danger to your cardiovascular system. Cholesterol does not clog arteries, but oxidized cholesterol is the real danger.

Total Urinary Sugars Test

Identify glycogenic (hypoglycemic tendencies) vs Ketogenic (diabetic tendencies). Sugar metabolism is very important with regards to the body's ability to produce energy (ATP), without proper glycemic control, energy will fluctuate. This measurement is for total sugars, not just glucose.

HCL Assessment

A urinary malabsorption test and correlation with mineral loss and thyroid activity. Low HCL causes digestive insufficiencies and may be the cause of many imbalances. As much as 50% of adults in their 50's may suffer from this. Low HCL may cause impaired digestion of fat and carbohydrates, resulting in bloating, indigestion, and deficiency of fat soluble vitamins A, D, E, K. Stomach acid helps keep the

digestive tract free of unwanted bacteria and yeast. Hypochlorhydria can lead to bacterial overgrowth and candida yeast infection, resulting in poor digestion, bloating, IBS, etc.

Urinary Enzyme Assessments

Pinpoint specific enzyme deficiencies which can cause certain metabolic patterns.

Urinary ammonia levels

High ammonia may be a correlation to bowel toxicity. Ammonia reactions in the urine and saliva may indicate sympathetic (nervous system) stress.

Salivary pH Lemon Challenge Test

Identifies sympathetic dominant types and correlate with adrenal stress states.

Calcium Urine Test

A general test for calcium spill in the urine. This test can also be correlated with parathyroid conditions.

Urine Boron

- A 20-mL random urine specimen is required for this test.

Urine boron testing has gained popularity due to claims that it can strengthen bones, build muscle mass, increase brain activity, strengthen the immune system, increase calcium absorption from foods and lowers the amount of calcium excreted from the body. Boron is a trace mineral and is essential in very tiny amounts to maintain health and proper function of the body.

No RDA has been established for boron at this time.

Amounts recommended are 1.5 mg for children, 2.0 mg for males, 2.0 mg for females, and 3.0 mg/day for post-menopausal females.

Boron is abundant in pears, apple, grapes, soya beans, nuts and green leafy vegetables (providing the soil contains adequate amounts of boron).

The method is by ICP. Normal values established are 0.5 to 2.5 ug/mL